

STEPPER



OPERATION MANUAL



Please read all the instructions in the manual carefully before installing and using the product, and keep the instructions properly.

ASSEMBLY INSTRUCTION

ELECTRONICTABLE FUNCTION

- 1.SCAN:press the key till the SCAN icon flashing which scan function is on, the display will automatically show all the features.
- 2.TIME:Press the Select key until the TIME icon lights up, indicating that the time function is displayed at the time. When the sport starts, the monitor will accumulate motion time upwards.
3. COUNT:Press the select key COUNT to indicate the current display time function. After the exercise starts, the display will show the cumulative number of times.
- 4.SELECT:Press the SELECT button until the DIST icon is on, indicating the distance function. When the movement starts, the display will display the cumulative distance.
- 5.CAL:Press the Select key until the CAL icon is lit to indicate the distance function. When the exercise starts, calorie consumption will accumulate on the display.



- 1.If you cannot see the display data, please change the battery.
- 2.1.5V,LR44 battery for this model.
- 3.The meter will turn off 4-5 Mins if no data transferred.
- 4.When you start exercise, please press the Mode key, the metter will turn automatic
- 5.When you stop exercise, all function will stop and the meter will stop in 4 seconds

OPPERATINGINSTRUCTIONS

1.The operation must be according to the below steps. Please do not use other ways to use the machine ,The instructions are as show in below photos.



- 2.Before use the machine, please consult you doctor if you are available to use it and listen to their suggestion.
- 3.The product is not a toy, please keep away from children. Keep the children away when you are using .
- 4.Please dress sports cloths and comfortable uniform when you are using machine .
- 5.Please use the machine in spacious place , be away from any obstacle.
- 6.The max load is 100KG , the users age must be above 14 years old .
- 7.This product is house hold item.
- 8.Please pay attention to the product maintenance and keep it well.
- 9.To clean the machine you can use dry or wet cloth.

ASSEMBLY INSTRUCTIONS

1.before product assembly



2.the leg fixed to the body



3.remove the nut



4.nut mounted on leg



5.locking nut leg



6.screw mounted on plate



7.locking screw plate



8.assembly the pedal



9.locking screw pedal

